



### **Latest Updates from the William & Mary Counseling Center (December 9, 2020)**

As with most other offices on campus, the William & Mary Counseling Center will be closed when the University is closed, (December 23<sup>rd</sup>-January 4<sup>th</sup>). In addition, the week of December 14<sup>th</sup> and January 4<sup>th</sup>, the Center is following the Planned Pause. The week of January 11<sup>th</sup>, the Center will be conducting intern interviews. During these weeks, the Center will be responding to urgent matters as presented. We are looking forward to offering regular services starting the week of January 19<sup>th</sup>.

### **Finding a therapist at home:**

If you want to find a therapist in your area, we encourage you to check out the website of the nearest counseling center for local referrals, go to [Psychology Today's website](#), or call the number on the back of your insurance card to locate a therapist. If you are in Williamsburg or the surrounding areas, go to <http://wm.rints.com/> to access the database for local therapists.

### **Crisis services:**

Crisis services after hours and on weekends as well as during the Planned Pause and University closing are available by calling (757) 221-3620, or the National Suicide Hotline at 1-800-273-8255. For a life-threatening emergency, call 911 right away.

### **Psychiatric services:**

**Medication Management and Follow Up Appointments:** Follow up with current patients is available starting January 4, 2021. If you are a current patient and have a scheduled appointment with Dr. Roy, you will be sent instructions via email on the morning of your appointment. Current patients can call (757) 221-3620 Monday-Friday 8am to 5pm to reschedule or schedule appointments via phone after January 4, 2021. For urgent concerns during the holiday break regarding medications, please call the Counseling Center and ask to have a message delivered to Dr. Roy. Email will not be checked with regularity during the holiday break.

### **To Transfer Prescriptions:**

Call **your home pharmacy** ASAP to ask for a transfer of any existing prescriptions from your William & Mary pharmacy.

- Provide the name and dose of your medication
- Confirm completed transfer with your home pharmacy
- Some restrictions to prescription transfer may apply, and Dr. Roy will work with students to help with individual needs/concerns.